

Crying and Depression

Although crying is a common aspect of human experience, relatively few studies have been made on it. A recent study, however, has shed some light on shedding tears. Two State University of New York (Buffalo) researchers asked approximately 30 male and 20 female undergraduates to estimate how often they cried. Then the students were asked to keep track of how often they actually cried over a 9-week period. The students generally were accurate in their estimates of how often they cried; women were found also to cry more often than men.

For counselors, a related finding may be of interest. Crying did not relieve depression as much as if the person felt like crying and did not actually cry. This may be related to the observation by many counselors that expressing anger may be more important than relieving depression.

Kraemer, D.L., & Hastrup J.L. (1986). Crying in natural settings: estimates, self-monitored frequencies, depression and coping in an undergraduate population. *Behavior Research and Therapy*, 24, 371-373.

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